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An increase in net operating revenues for cloven months is the C. & O.

### Can Check Typhoid.

The State Board of Health frankly confesses that it cannot now say whether or not Virginia is to be a great sufferer from typhoid fever this summer. The citizens of the State

eves if it only had any effect on fore, r auricular and ocular powers.

## Youth in City and Country.

The growing impression, backed cal chance than his farm coeval will be checked, to some extent at least, by the announcement from statistical of military age 58.9 per cent of the as against 31.9 per cent of Berlin boys of the same age.

Berlin is not the healthiest capital in Europe, but its sanitation is well regulated, and the advocates of the 'back-to-the-land movement" will find ammunition in these German military returns.

The curious feature of our time is that everybody agrees that life at its fullest and best is only possible in the country, where a man may possess his own soul and commune with the infinite. Everybody, we increases and that of the farm di-

## No Flat-Chested Prodigies.

Mount Holyoke College, speaking be- opposition. fore the National Educational Assorapidly becoming an extinct species appearance that their itch for have been well within the facts.

If we have in the past fifteen years rebuke of such character, accomplished nothing else, we have discovered the fallacy of the woman student who is long on education and short on health. The best authorities have laid down the rule that as between the two, it is better often impossible, to recover.

"spirituelle" appearance. As a mat- nuation of appointive city officials. ter of presaic fact, the surface of In these latter days the employspirituality was apt to be due more er's moral obligation to safeguard to germs than spirituality, and more the old age of his employes has made

to laziness than either. the athletic woman. That type is among municipalities. That such even more offensive than the other, provision assures better service is But it is the age of the healthy we- taken for granted, while one risks laws of nature, how to observe them, mindedness if one ventures to sug-That is why we are producing wo- undermines thrift, the absence of mothers, better risks for the life in- good for his moral health. surance companies and more help to their husbands.

# The Summer Camp.

dotted the country with tents from mit of saving. nicipalities are participating, and live long to receive it. everywhere the cry is, "maintain the

one. Observant educators and stu-bites from a Maryland watermelon. dents of boy-life will tell you that the long vacation, untempered by Massachusetts has held a compulsory any suggestion of discipline, often education law for more than a compulsory means demoralization. Turn out this, and it costs more in the cities young colts to pasture and leave mond.

them there indefinitely, and when The Times-Dispatch them there indefinitely, and when you seek to round them up for work you are likely to have a first-class aggregation of fractious insurgents on your hands.

The identical principle applies with choolboys. The summer camp is an fort to neutralize the effect of vaeation in unbroken doses. Not that the boy is made to "cram" while he is in camp. Study and recitation hours are nominal. Recreation is plentiful, and all in the open air. Whatever there is of routine is all addressed to the salutary end of keeping the boy's mind and morals and his response to authority from SUBSCRIPTION RATES:
BY MAIL.
ORC Six Three One fully looked after. A sensible, but mally and Sunday.

\$8.00 \$3.00 \$1.50 .55 .55 ally only.
\$0.00 \$1.00 .35 punishments is enforced in most of the sweet sensors of the swee

the camps. By Times-Dispatch Carrier Delivery ervice in Richmond (and suburbs) and etersburg—

One Week which the idea has generally been accepted is an earnest of its wide-spread adoption. As parents and educators controlled to the contro The success and popularity with which the idea has generally been spread adoption. As parents and educators come more and more to see its practicability, costs will be reduced, so that boys of nearly all classes may be beneficiaries. And it would not be surprising if, eventually, the summer camp were made a part of public school systems, main-Rallway's answer to the calamity tained at public expense, and almost invaluable as minister to health and stiffener of character and morale.

Evidently this was not England's car in athletics—it was only her six

## Wilson in Fighting Clothes.

In undertaking to persuade the can say. They can say that typhoid Senate to confirm the appointment of shall not rage throughout the State: Paul M. Warburg as member of the they can say that the average shall Federal Reserve Board, President be unusually low. They can settle Wilson enters upon another fight the problem by taking preventive with the same demagogic Senators methods now and seeing to it that who fought him at every inch when sanitary conditions are established the currency bill creating the board and maintained. Directions may be was under consideration in the obtained free from the State board, upper branch of Congress. He is en-Make application now and help com- gaging in another trial of strength bat the disease in your community. with the men whe, for reasons never disclosed, hampered him at every Some men could be reconciled to having their wives comb their hair every step in his efforts to secure the pasover the ears and tilt their hats over sage of the bilt. He will win as be-

Mr. Warburg is the best man available for the place to which named. His crime is that he is a by some statistics, that on the averappeal to prejudice and to pose as opponents of the Money Devil. Being the best man for the place and being Germany that of every 100 youths Warburg refused to submit to heckboys from the farm are fit for duty, their appetite for demagogism. But being also a man willing to make sacrifices for his country, he has reconsidered his determination that his name must be withdrawn, and consents to accept if his nomination be confirmed.

To see that it is confirmed is the purpose of President Wilson, endowed by the currency act with power to make appointments. That purpose, supported by true Democrats in the Senate, will triumph over the opposition of such men as Hitchcock. say, is agreed as to that, and all over Republicans of like tendencies, and President Wilson will add another to his long string of victories won over opposition of the reactionaries on the The community owes food to the one hand and the professional radimentally hungry. Hence the need for cals on the other. It will be a viccompulsory education and a public free tory no less splendid, because this time it is the professed friends of progress rather than the henchmen Mary E. Wooley, president of of special privilege who form the

Of Mr. Warburg it need only be ciation in St. Paul the other day, said that he has conducted himself. expressed the opinion that the flat- as a man and a gentleman and chested and wizened woman gradu- always as a patriot. His refusal to ate, top-heavy intellectually, was appear before gentlemen desiring his If she had broadened her statement toriety might be assuaged was a reto include the delicate woman gen- buke less stinging than impending erally, whether of the "high brow" failure of their opposition only beor plain garden variety, she would cause these gentlemen are not of the nature of those who can recognize a

> All old bachelors should vote for compulsory education. They get something for their money.

## City Clerk Pensioned.

The other day the city of Newark. for a woman to sacrifice culture than N. J., retired its city clerk on a pento sacrifice health. One may acquire sion of half-salary, which will yield culture at any age. Health is a pos- him for the rest of his days the comsession that, once lost, is difficult, and fortable income of \$3,750 per annum. The pension was granted under Along with the anemic phenome- the laws of the State of New Jersey, non has passed that romantic type of which is probably the only Commonwoman who appealed to men by her wealth which permits the superan-

great advances among large private The age is not altogether that of corporations and, to a less degree, man, one who knows the primary the exasperating charge of narrowand the penalty for violating them, gest that the certainty of a pension men who are better wives, better which from a man's character is not

Nobody that has studied the subject will deny that members of fire and police departments are entitled An exchange says that a Philadel-phia burglar got cold feet. Unlikely: his feet probably fell asleep. not large enough to permit adequate provision against old age or disa-Human conservation and real, not bility. There is nothing particularly bogus, efficiency are the ends being dangerous about other branches of served by the remarkable summer city service, and the upper levels camp movement for boys, which has carry salaries sizable enough to per-

ocean to ocean. The government has However, we have no doubt that given its co-operation, big univer- the Newark gentleman deserves all sities and colleges are enlisting, how he is to receive, and we hope he will

educational tendencies of the boy by sending him to camp in summer."

The idea is a thoroughly healthy the Baltimore Sun. Don't jump to conclusions. It may be a couple of conclusions.

means demoralization. Turn out of that State than it will cost in Rich-

## Wayside Chats With Old Virginia Editors

"Grappy," who edits the "Essence of Ole Virginny" column of the Coving-ton Dispatch, must have in mind some editors we might name, if it were necessary, when it says that "there must be something in" Billy Sunday after all, since he has converted several newspaper men.

opinion that Senator Swanson will agree to a primary to settle the Danville postmastership fight. He "mought" and then again he "moughtn't," but so far he hasn't, unless he has changed his mind within the last few days.

Ledger-Dispatch, "seems to be in a constant state of fermentation." But he will never rise to be President

Calling attention to the fact that other banks are preparing to follow the lead of the National City, of New York, and take advantage of the provisions of the new course bill. ing permission for the establishment ing permission for the establishment of banks in foreign countries, the Norfelk Virginian-Pilot says: "This not only indicates a well-founded and widely shared helief in the growth of our export trade under the new tariff; it also goes to prove what this newspayer has long and persistently contended would be the case: That if our foreign contended would be the case: That if our fore gn commerce was once given the chance to expand by liberalization of our tariff policy, which chance is fur-hished under the Democratic tariff law, the accessories to promotion of that commerce, such as American banking facilities in foreign trade fields and greater effort on the part of American manufacturers and ex-porters to ascertain and meet the special requirements of customers abroad, would not be slow to follow."

The Orange Review is another who The Orange Review is another who was captivated by the President's speech to the Virginia editors. "The organized calamity howiers received a knock-out blow," it says, and adds that "Mr. Wilson's emphatic words, his determined manner and his forceful expression carried full conviction to his hearters." his hearers.'

R. P. Beazley has retired from the editorship of the Chase City Progress. and George B. Craven, who has quired a large interest in the pa will have charge of the edite have charge of the editorial business management of it. Mr. Beazley's retirement is a loss to the Progress and to Virginia journalism, but Mr. Craven's few months with the have demonstrated his fitness.

ericksburg also give the lie to the calamity howlers. "They show a very Fredericksburg Star. "Altogether, their condition is very satisfactory, and gives full evidence that the calamity howlers cannot bring on a panic, so far as the banks are concerned."

The Newport News Times-Herald and others approve the proposal to tax charity bazaars, church fetes, restaurants and kindred entertainments car-ried on for revenue. "Some of these bazaars conducted during the holiday season." It says, "seriously affect the regular shopping in the stores. It does seem to us only reasonable that the licensed merchants should be pro-tected in a measure arginst such unected in a measure against such unfair competition."

The Alexandria Gazette takes a similar position, saying that "the arguments of those who have ever protested against exempting those engaged in such business from license taxes are hard to refute."

## State of the Country

Never better in its history. It is no venture of any kind to say that in all things substantial and in a good many things centimental the state of the tucky. country at this midsummer of 1914 is all that it could possibly be to the cour artillery along the whole line good and more possibly, than some of us have a right to expect.

About 5 o'clock yesterday eveni our artillery along the whole line good and more possibly, than some of us have a right to expect.

there would be no ripple on the sur-face of public affairs. Under the sane and sagacious leadership of President Wilson, the Democracy has now be-come more than an alternative force for the correction of the errors of its opponents, but is intrenched in the popular confidence and national powto a degree which already is both

No man in practical politics more really perceives and appreciates this party situation than Theodore Roose-velt. While many regard the Colonel s very much of a constitutional as very much of a constitutional dis-turber of the peace, it is obvious that be is more, and particularly so at this extraordinary epoch, where he is helplessly without a real issue on which to raise campaign cain. Does any one fail to see his weakness in passing silently over all the Wilson olicies he so affects to condem hen to assail the President or Colombian treaty, which is not a Wil-son policy at all—indeed, which is not even a treaty at all, since it has not

yet been perfected and ratified?

The Wilson policies are now part of present concrete of government. How very fooltsh ourse, it would be for the Colonel to utilely attack well-known measures no longer economic theories but complished facts written into practice of Democratic government which the country now is feeding thriving! On the other hand, the o-called "Roosevelt policies" have re nained an incheate compendium of pparent impossibilities. The Colonel all his voluminous assertiveness has not once in his career set forth in quietnde to explain as to how any one of his so-called progressive theories was to operate in practice or to how he proposed to put either his reforms into practice. Certain-he must see that this lan't to be done by merely campaigning against the accomplished reforms of Wilson. So that, with the exception of the ement of intuitive public commotion, which element is the Colonel himself anquillity, with its glowing face set oward the rising sun. It has been eldom indeed in our history the present conditions and the immediate outlook were so intensely gratifying.

definitely .- Portsmouth Star.

# Voice of the People

Would Fire Commissioner Hain. Would Fire Commissioner Rain.
To the Editor of The Times-Dispatch:
Sir,—Street Commissioner Rain has
done well, but unless he gets on the
job again soon the dust will again
be unbearable. I am wiping it out of
my eyes now, Have an idea. Suppose Richmond stops relying on the
rain and pay a street commissioner?
Eh what? what? Richmond, Va., July 9, 1914.

Selling People Bonds.

To the Editor of The Times-Dispatch:
Sir,—Baitimore tried your plan for
bond issue and it was a success, with
the aid of a Baitimore newspaper.
Other cities have also sold bonds in

"Senator Works," says the Norfolk edger-Dispatch, "seems to be in a constant state of fermentation." But the same of fermentation." Richmond, July 9, 1914.

You Can't Find It, Friend.

To the Editor of The Times-Dispatch:
Sir.—The Danville postmastership
is not of interest to Danville alone.
The friends of Woodrow Wilson every-The friends of Woodrow Wilson every-where are interested, for if he can-not get his appointments through the Senate he is handicapped. By the way, where can I find in the Constitu-tion of the United States the clause giving one or two Senators as much power in filling Federal offices as is given to the President of the United States? WILSON DEFACEDATE WILSON DEMOCRAT. Martinsville, Va., July 6, 1914.

## What Was News Fifty Years Ago

From the Richmond Dispatch July 10, 1864,

For the very reason that so many people have septic mouths the conditional tiem in them to renders on this side of the Atlantic is the account of the destruction and sinking of the vited a comparison of himself and President Wilson," says the Charlottesters of the Colonel. The Progress is son extremely odious to the supportion of the States corvett's Alabama, in command of Raphael Senames, reached Cherbourg on instaken, however, in saying that "it is only a matter of conjecture what Roosevelt would have done in the Japanese incident in California." He would have truckled to Japan and did on President Wilson is not adverse to expressing regrets when this country has done wrong, but Roosevelt would have truckled to Japan and did on President Wilson is not adjudged California. That's what he did do. President Wilson is not adjudged California. That's what he did do. President Wilson is not adjudged California. That's what he did do. President Wilson is not adjudged California. That's what he did do. President Wilson is not adjudged California. That's what he did do. President Wilson is not adjudged California. That's what he did do. President Wilson is not adjudged California. That's what he did do. President Wilson is not adjudged California. That's what he did do. President Wilson is not adjudged California. That's what he did do. President Wilson is not adjudged California. That's what he did do. President Wilson is not adjudged California. That's what he did do. President Wilson is not adjudged California. That's what he did do. President Wilson is not adjudged California. That's what he did do. President Wilson is not adjudged California. That's what he did do. President Wilson is not adjudged California. That's what he did do. President Wilson is not adjudged California. That's what he did do. President Wilson is not adjudged California. That's what he did do. President Wilson is not adjudged California. That's what he did do. President Wilson is not adjudged California. That's what he did do. President Wils European dates as late as June 25th shot holes in the Alabama and she was sunk. The men and the boats of the Kearsarge assisted in saving the lives of the men of the Alabama as a superior of the Malabama and she straing look in the eyes. He is emotional, breaks down and cries over slight matters. Is this mental failure, or can something be done for him?

tion suspending the writ corpus and instituting martial law throughout the whole State of Ken-

About 5 o'clock yesterday evening enemy and at the same time our men mounted the breastworks and defied In politics, save for the event of an election year and the perennial and unseparable contest of the diseards of their intrenhments, and replied who want to get back into office, The Federals have made no assaults

our lines at Petersburg for nearly a week past, and the impression pro vails that much of their for been drawn off from our front.

At a late hour last night all was quiet on the front at Petersburg.

## The Bright Side

Crimes the Law Sanctions. Killing time. Hanging pictures. Stealing bases. Shooting the chutes. Choking off a speaker.

Running over a new song Smothering a laugh.
Setting fire to a heart.
Knifing a performance.
Murdering the English language. Judge.

#### Appropriate Expression. "The

"Well, can't you see that he's buried in thought?"-Boston Transcript.

Er-Quite So.
Lydia-When Jack met Billy and e out walking, I found it very hard

dismay Alice-I imagine. It's so hard to cor ceal anything with the present styles.

#### Paying and Painting Gabe-Dauber says that h

to his art.

Steve—Then he is entitled to a dion the grounds of nonsupport. -Cincinnati Enquirer.

The customer in the grocery store aving ruined his clothes, was hop "Didn't you see that sign Fresh Paint?" asked the grocer.
"Of course I did," snapped the customer, "but I've seen so many signs hung up here announcing fresh that wasn't that I didn't believe -Boston Transcript

#### A Mistake Surely. son says his professor is very strict disciplinarian, Mrs.

"He must have been joking. may this situation continue incollege is nonsectarian, you know."Buffaio Express.

# Dr. Brady's Health Talks

A POISONED MOUTH.

Bradburn describes an interesting case in the British Medical Journal. It is worth reviewing, for it illustrates a commonly overlooked cause of ill-

a commonly overlooked cause of illness—a poisoned mouth.

A healthy man, aged twenty-eight, was suddenly selzed with a shivering fit, accompanied by general pains, especially in the joints. He was laid up two weeks. He then got out of bed, but was immediately put back again by a recurrence of all the first symptoms, this time with an eruption of blotches on his legs. Besides, there were severe abdominal cramps.

An inaccurate Diagnosis.

An inaccurate Diagnosis.

For several weeks the patient was in a serious condition, and failed to respond to any treatment. The cause of his illness could not be determined. An Innceurate Diagnosis. or his illness could not be determined, although very careful tests of the blood and the urine were made. The physicians who saw him thought it might be a case of purpura (scurvy), because of the joint pains and the skin blotches. But he obtained no relief from remedies which ordinarily relieve purpure symmetrs were

purpuric symptoms.

Throughout the attack the patient had a low, irregular fever.

Finally a searching examination excluded every probable source of in-fection excepting the mouth. There were several decayed stumps of teeth

with septic, or inflamed, gums.

These were removed. At once the temperature became normal, the symptoms cleared up, and within a short time the patient made a complete re-

"Oral sepsis" is the term used by dentists in describing a poisoned mouth. It is an exceedingly common factor of acute and chronic illness. For the very reason that so many people have septic mouths the condition is often overlooked by physicians. You know there is nothing selection.

## THE PUBLIC PULSE

Editorial Expressions from Leading Newspapers.

## Better Next Fall.

Business undoubtedly will pick up in the fall, a factor which will still further tend toward higher money. Take the combination of exports of specie to the amount of over \$100,000,000 since the first of the year, bankers careful and scrutinizing credit most assiduously, and moreover holding off in the expectation of higher rates, improving business and the pros-

The death in the West by drowning of two "movie" actors, while portraying an escape by swimming, indicates that realism in this respect is being carried too far. Several fatalities have been occasioned by the risks taken in securing realistic pictures, and, while the amusement of the public is a business of important proportions, it hardly a cause calling for poten martyrdom.—Baltimore American.

to buy food, set out from Park Square in Boston on horseback Wednesday on a four months' tour of Southern Massachusetts. She says the whole object of her trip is to proclaim the cause of woman suffrage to the country people, "who love horses." The pretty little widow, who carries along for your skin. Stop using it. This

Has Taking Ways.

Everybody does not think the Colonel attractive, but Colombia is willing to admit his takings ways.—Co-

# NO QUIZ FOR HIM



## Old-Looking Girls BY LILLIAN RUSSELL.

[Copyright, 1914, by Lillian Russell.]

There are as many old-looking young girls to-day as there are young-looking old girls. While the women who have passed the first bloom of many sorts, all of them expensive girlhood are taking care of themselves, and some of them seiling for phenomerellying before midnight and taking and some of them seiling for phenomerellying before midnight and taking and some of them seiling for phenomerellying before midnight and taking and some of them seiling for phenomerellying before midnight and taking and some of them seiling for phenomerellying before midnight and taking and some of them seiling for phenomerellying themselves. [Copyright, 1914, by Lillian Russell.]

the effective guns of the Kearnagershot holes in the Alabama and she was such. The men and the boats of the serious the local in the Alabama and she was such. The men and the boats of the serious data to be inmobile, with a stranger shot holes in the Alabama and she was such. The men and the boats of the men of the Alabama to like in the was sinking. Admiral the latter was sinking. Admiral semines and several of bis officers were like in the was sinking. Admiral semines and several of bis officers were like in the latter was sinking. Admiral semines and several of bis officers were like in the latter was sinking. Admiral semines and several of bis officers were likely matters. Is this mental fallure, were likely matters. It is the mental fallure, were likely matters.

and sent on to the grand jury of the Hustings Court.

A day or two since, a Mrs. Thornton, a lady living in Rocketts, the wife of a refugee from Norfolk, gave birth to three children at one time—two boys and one girl. In a short while the girl died, but at last accounts the boys were alive and doing well, and bid fair some day to make able Confederate soldiers.

Governor Curtis, of Pennsylvania, has called out 24,000 100-days volunteers "to repel a threatened invasion of the State by the Confederates."

Mr. Lincoln has issued a proclama—

A day or two since, a Mrs. Thornton, against the obviously disinterested opinion of three competent physicians, if you would retain your health.

Dr. Brady will answer all questions pertaining to health. If your question is of general interest it will be answered personally if stamped, addressed envelope is inclosed. Dr. Brady will not prescribe for individual cases or make diagnoses. Address all letters to Dr. William Brady, care of The Times-Dispatch.

Mr. Lincoln has issued a proclama—

We shad the obviously disinterested opinion of three competent physicians, if you would retain your health.

Young girls inhale impure air into the lungs, they become dizzy and faint, and if any illness overtakes them from exposure to such danger they attribute and if any illness overtakes them from exposure to such danger they attribute and fany illness overtakes them from exposure to such danger they attribute and fany illness overtakes them from exposure to such danger they attribute and fany illness overtakes them from exposure to such danger they attribute and fany illness overtakes them from exposure to such danger they attribute to such danger they attribute and fany illness overtakes them from exposure to such danger they attribute to such danger they attribute and fany illness overtakes them from exposure to such danger they attribute to such danger they attribute and fany illness overtakes them from the lungs, they become dizzy and faint, and frugt in the lungs, they become dizzy a dancing places, if they must dance, as Venison from a deer spent with long

exercise and good judgment into the heads of hang or become "high the younger set. But they must be taught that fresh, pure air is the estimated in the poisonous is sential of health, and the lack of it will fade and jade the most beautiful

I.Allian Russell's Answers.

M. G.: You requested me to send you the formula for reducing the lips, but you failed to send me your address or a stamped, addressed envelope, so I am printing it: Melt one ounce of cold cream in a double boiler, using no more heat than is required to keep. rates, improving business and the prospect of a big crop, and it is impossible but to believe that rates will work considerably higher. With this in prospect, it might be pertinent to remark that the banks will probably show some fair profits this fall.—United States Investor.

but you failed to send me your and dressed envelope, so I am printing it: Melt one ounce of cold cream in a double boiler, using no more heat than is required to keep the mass in a fluid state. Add one gram of tannin powder and one gram of tannin powder. Which this in the mass in a fluid state. Add one gram of tannin powder and one gram of tannin powder and one gram of tannin powder. Which may not develop for two or three days. steep for five hours. Strain through a cheesecloth into a jar and stir until cool. Rub into the lips night and morning. Thick lips usually come from biting them, and often from mouth breathing. Hold the lips firmly, and cultivate decision of character. You never see a decisive person with thick lips.

A Winning Combination.

A woman, described as a pretty little widow, clad in khaki, without a cent to buy food, set out from Park Square in Boston on horseback Wednesday on a four months' tour of Southern Massachusetts. She says the whole You are young, and cannot hope to

try people, "who love horses." The pretty little widow, who carries along a collection box to aid her in paying her expenses, declared that any one who thought she had set herself an blackheads, but it is strong, and all skins cannot stand it. Follow this treatment for removing blackheads, I skins cannot stand it. Follow this treatment for removing blackheads, I am sure of a prosperous journey as any mortal could be. And if it is really the limelight she seeks, she will no doubt get that, too. Of such is the kingdom of equal suffrage.—Hartford Courant.

It A. B.: The green soap is too strong for your skin. Stop using it. This treatment is excellent for removing blackheads, I is too firm and may vanished to be eaten raw should be deprived of all fat, scraped and reduced to pulp with the edge of a good knife and not chopped. By scraping are left aside the greater part of the sum on the skin for about ten or fifteen minutes. Then take the remaining cream off with a soft cloth. You will be greatly surprised at the amount of dirt that will come with it. Then wash the face with hot water, lit. Then wash the face with hot water, lit. Then wash the face with hot water, lit. The wash the face with hot water, lowed by the invalid, without being chewed. it. Then wash the face with hot water, not too hot, but warm enough to be pleasant to the skin, a good soap and a soft cloth. Rinse the face in warm water, alternating with cold, using the ing to admit his takings ways.—Co-lumbia (S. C.) State.

Water, alternating with cold, using the cold last. The cold water hardens the flesh and closes the pores of the skin. Do this each night, and you will see a great improvement in your skin. Don't be afraid to use plenty of warm 2,000 bushels of carrots on a total of six acres this year.

Water, alternating with cold, using the cold last. The cold water hardens the flesh and closes the pores of the skin. Do this each night, and you will see a great improvement in your skin. Don't be afraid to use plenty of warm water and soap, but he sure to get six acres this year.

Water, alternating with cold, using the cold last. The cold water hardens the flesh and closes the pores of the skin. Do this each night, and you will see pend on old-fashioned handshaking methods to make himself agreeable. I'm learning to dance."—Washington Star,

## Meat as Medicine BY JANE EDDINGTON.

Receise.

It is difficult to put common sense and good judgment into the heads of hang or become "high." As you value future, have nothing to do with Half poisonous is infinitely worse than wholly so, for in the latter case some immediate remedy can be applied. The housewife often thinks it best to Remember: Exercise may be made pleasurable and beneficial at the same time, just in proportion to the amount of pure air being pumped into the

is a busions, it is of time to acquire strength in her potential rican.

One of the advantages of raw meat is that it is digested three times as quick-larger than arms. The exercises you are doing, such as tennis, swimming, etc., are expectations of the advantages of raw meat is digested three times as quick-larger than arms.

"So you think you have your oppo-nent defeated before the campaign starts?"